

Evaluation of JCCA's RESOLVE Program

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Overview of RESOLVE Program

- Developed by the Jewish Child Care Association (JCCA)
- Supported with a Community-Based Abstinence Education (CBAE) grant
- Administered by Department of Health and Human Services Administration for Children and Families

Goal of the RESOLVE Program

To provide abstinence education and encourage healthy life styles to underserved populations of at-risk youth in foster care and community-based organizations.

Overview of JCCA

- Founded in 1822
- Exclusive focus on children and families
- 16,000 children and family members served annually
- \$90 million budget
- \$53 million endowment used to supplement programs
- 800+ employees
- Programs primarily serve poor children and families of NYC
- Programs located in all 5 NYC boroughs, Westchester and Long Island

JCCA Services

- **Full continuum of foster care programs**
- Residential treatment for sexually exploited girls
- Mental Health Programs
- Educational Programs
- Programs for autistic and other special needs young adults
- Private adoption services
- Family and group day care
- Teen Lounge Preventive Programs for immigrant communities

The JCCA Foster Care Population

- Residential Campus: 2 sections
 - Emotionally challenged youth
 - Emotionally and cognitively challenged youth
 - All youth live in group homes, attend school on campus, ongoing support.
- Youth living in foster homes

The Unique RESOLVE Population

- Originally: at-risk youth in foster care
- Expanded: at-risk youth in
 - community-based organizations
 - Completer schools
 - Juvenile justice facilities
 - Other foster care agencies
 - Community-based organizations

RESOLVE Provider/Foster Parent/ Parent population

- Foster care parents and facility service providers are partners in the program.
- Providers:
 - Deliver the curriculum.
 - Facilitate co-curricular recreational, vocational, and education activities.
- Providers and Parents:
 - Support the abstinence and healthy life-style message.

The RESOLVE Abstinence Message

- RESOLVE Activities have an explicit abstinence message and are designed to promote a healthy productive life-style devoid of negative, self-defeating behaviors.
- Utilize the Federal “A-H” abstinence framework
- Focus on long-term behavioral change

The A-H Guidelines

TEACH:

- A. Social, psychological, and health gains by abstaining from sexual activity.
- B. Abstinence from sexual activity outside marriage as the expected standard for all school-age children.
- C. Abstinence from sexual activity is the only certain way to avoid out-of-wedlock pregnancy, sexually transmitted diseases, and other associated health problems.

The A-H Guidelines

TEACH:

- D. A mutually faithful, monogamous relationship in the context of marriage is the expected standard of sexual activity.
- E. Sexual activity outside the context of marriage is likely to have harmful psychological and physical effects.
- F. Bearing children out-of-wedlock is likely to have harmful consequences for the child, the child's parents, and society.

The A-H Guidelines

TEACH:

- G. Young people how to reject sexual advances and how alcohol and drug use increases vulnerability to sexual advances.
- H. The importance of attaining self-sufficiency before engaging in sexual activity.

The RESOLVE Program: Youth

- RESOLVE Curriculum is delivered in eight 2-hour sessions to all youth.
- Residential foster care youth:
 - Additional Recreational, vocational, educational activities (40% abstinence healthy life-choices message)
- All youth: Rallies and Abstinence clubs.

RESOLVE's Adult Education Role

- Training in abstinence education also provided to:
 - Foster parents and parents
 - Youth workers in foster care settings
 - Youth workers in community settings

RESOLVE Provider/Foster Parent Training

- Increase knowledge about benefits of abstinence education.
- Offer skills and knowledge needed to implement the curriculum and support healthy life-choices.

EVALUATION OF THE RESOLVE PROGRAM

Scope of the Evaluation

- Three years of RESOLVE
 - Years 1 and 2 are complete.
 - Year 3 is in progress.
 - This report will describe Year 2 Results.

RESOLVE EVALUATION

Examines:

- Program Delivery
- Outcomes Assessment

RESOLVE Program Delivery

- Number of youth and providers/parents served.
- Progress toward participation goals.

RESOLVE Outcomes Assessment

- Youth
 - Content knowledge
 - Attitudes and intentions
 - Self-esteem
 - Behaviors
- Providers/Parents
 - Content knowledge
 - Attitudes

Youth Program Outcomes

Hypotheses tested:

Participating in the RESOLVE Program will increase:

- Youths' knowledge about benefits of remaining abstinent
- Youths' knowledge of refusal skills, and the benefits of healthy life choices
- Youths' self-esteem

Methodology

Pretest/posttest within subjects design

Youth Instrument

- 40-question survey:
 - 20 content questions (A-H framework)
 - Rosenberg Self-Esteem Scale
 - Measure of intentions and behaviors
 - Demographic questionnaire
- Hours of attendance at sessions

Excerpt of Youth Assessment

(Cover Page)

ID # _____

RESOLVE
Youth Pre-test

PRINT Name

First _____

Last _____

Today's Date _____

Club Location _____

Date of Birth _____

Please circle one:

Male

Female

JCCA

Other _____

I consider myself:

(Please circle one.)

Asian

Black or African American

Hispanic or Latino/Latina

American Indian/Alaska Native

Native Hawaiian/Other Pacific Islander

White

Other

Excerpt of Youth Assessment (Questionnaire)

RESOLVE

ID# _____

Directions: Circle the answer that best describes what you think is true for you today.
Please choose *one* answer for each question.

1.	I feel that I have a number of good qualities.	Strongly Agree	Agree	Disagree	Strongly Disagree
2.	Sex is best in a committed relationship.	Strongly Agree	Agree	Disagree	Strongly Disagree
3.	If I drink alcohol, it will be hard to say "no" if someone pressures me to have sex.	Strongly Agree	Agree	Disagree	Strongly Disagree
4.	I feel that I'm a person of worth, at least on an equal plane with others.	Strongly Agree	Agree	Disagree	Strongly Disagree
5.	If I have a child when I am not married, it will be very hard for me to take care of the baby.	Strongly Agree	Agree	Disagree	Strongly Disagree
6.	I am in control of when I have sex.	Strongly Agree	Agree	Disagree	Strongly Disagree
7.	I feel I do not have much to be proud of.	Strongly Agree	Agree	Disagree	Strongly Disagree
8.	In the United States, people expect that I will not have sex until I am married.	Strongly Agree	Agree	Disagree	Strongly Disagree
9.	If I have sex, there are ways to make sure that I do not get pregnant or that I do not get my girlfriend pregnant.	Strongly Agree	Agree	Disagree	Strongly Disagree
10.	At times, I think I am no good at all.	Strongly Agree	Agree	Disagree	Strongly Disagree
11.	The best way to avoid getting pregnant is not having sex.	Strongly Agree	Agree	Disagree	Strongly Disagree
12.	A single teen can take care of a baby just as well as a married couple can.	Strongly Agree	Agree	Disagree	Strongly Disagree
13.	I wish I could have more respect for myself.	Strongly Agree	Agree	Disagree	Strongly Disagree
14.	If I have sex with someone who looks healthy, I will not get an STD or AIDS.	Strongly Agree	Agree	Disagree	Strongly Disagree
15.	If I have a baby, it will be hard for me to finish school and get a good job.	Strongly Agree	Agree	Disagree	Strongly Disagree
16.	On the whole, I am satisfied with myself.	Strongly Agree	Agree	Disagree	Strongly Disagree

Provider/Parent Program Outcomes

Hypotheses tested :

Participating in the RESOLVE program will increase:

- Positive attitudes toward teaching abstinence curricula to at-risk youth.
- Knowledge of the abstinence curriculum.

Methodology

Post-test following training.

Provider Instrument

- 46-question survey:
 - 20 abstinence content questions (A-H)
 - Attitude toward teaching abstinence to youth
 - Demographic questionnaire

- Attendance at training session

Excerpt of Service Provider/ Foster Parent Assessment

RESOLVE Service Provider Test

Directions: Circle the answer that best describes what you think is true today. Please be sure to circle one answer for each statement.

1. Most people in the United States think that teenagers should not have sex before they are married.	Strongly Agree	Agree	Disagree	Strongly Disagree
2. The best way to avoid getting pregnant is not having sex.	Strongly Agree	Agree	Disagree	Strongly Disagree
3. If someone has sex, there are ways to make sure that no one gets pregnant.	Strongly Agree	Agree	Disagree	Strongly Disagree
4. The best way to avoid an STD is to not have sex.	Strongly Agree	Agree	Disagree	Strongly Disagree
5. If someone looks healthy, you will not get an STD or AIDS from having sex with that person.	Strongly Agree	Agree	Disagree	Strongly Disagree
6. Sex is best in a committed relationship.	Strongly Agree	Agree	Disagree	Strongly Disagree
7. People who have sex before they get married have less respect for themselves than people who wait.	Strongly Agree	Agree	Disagree	Strongly Disagree
8. It is very hard for an unmarried teen to take care of a baby.	Strongly Agree	Agree	Disagree	Strongly Disagree
9. A single teen can take care of a baby just as well as a married couple can.	Strongly Agree	Agree	Disagree	Strongly Disagree
10. A teen who has a baby will have a hard time finishing school and getting a good	Strongly Agree	Agree	Disagree	Strongly Disagree

MAIN FINDINGS

Data Supports Effectiveness of the Program for Youth Participants

Hypotheses reflecting increased youth knowledge and healthy life style attitudes were supported.

Youth results

- Significant increase in **RESOLVE curriculum knowledge** ($p < .002$)
- Youth significantly more likely to agree that **abstinence is the best way to avoid getting pregnant** ($p < .04$)
- Significantly less endorsement of the statement “**I will probably have sex even if I do not want to have sex**” ($p < .002$)
- 25% increase in **self esteem**

Data Supports Effectiveness of the Program for Service Providers/Parents

Hypotheses reflecting positive attitudes toward teaching abstinence and increased knowledge of A-H curriculum were supported.

Six-Month Follow-Up

Six months after completing RESOLVE program:

- Youth showed no significant decrease in content knowledge.
- Evidence indicates knowledge gains are maintained over time.

IMPLICATIONS AND RECOMMENDATIONS

RESOLVE Meets a Critical Need

- Data support effectiveness of the RESOLVE program in improving **abstinence-related knowledge and attitudes** among **youth** and **service providers**.
- RESOLVE effectively serves both the **foster care population** and youth in **community-based organizations**.

**Evidence demonstrates that the
RESOLVE program meets a critical
need among the at-risk youth
population; funding should continue
to ensure the program is viable in
the future.**

For further information:

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